metro
NEW YORK • Monday, February 24, 2014

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MoonWalk©
new york city 2014
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Saturday night, July 26th, starting from Randall's Island

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With your fundraising, Walk the Walk America will be granting funds to Memorial Sloan Kettering Cancer Center's Breast Examination Center of Harlem.

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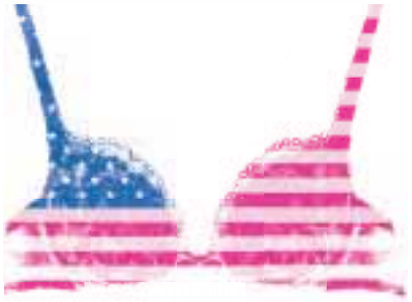
Making an Impact

Our goal for The MoonWalk New York City is to raise money and awareness to make sure everyone with breast cancer gets the care they need - no matter what. Funds raised will benefit Memorial Sloan Kettering Cancer Center's Breast Examination Center of Harlem.



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AMBER HEARD'S LOOKS 'KILL' IN FILM

THE ACTRESS TALKS PARIS AND HATING HER CLOTHES. PAGE 20

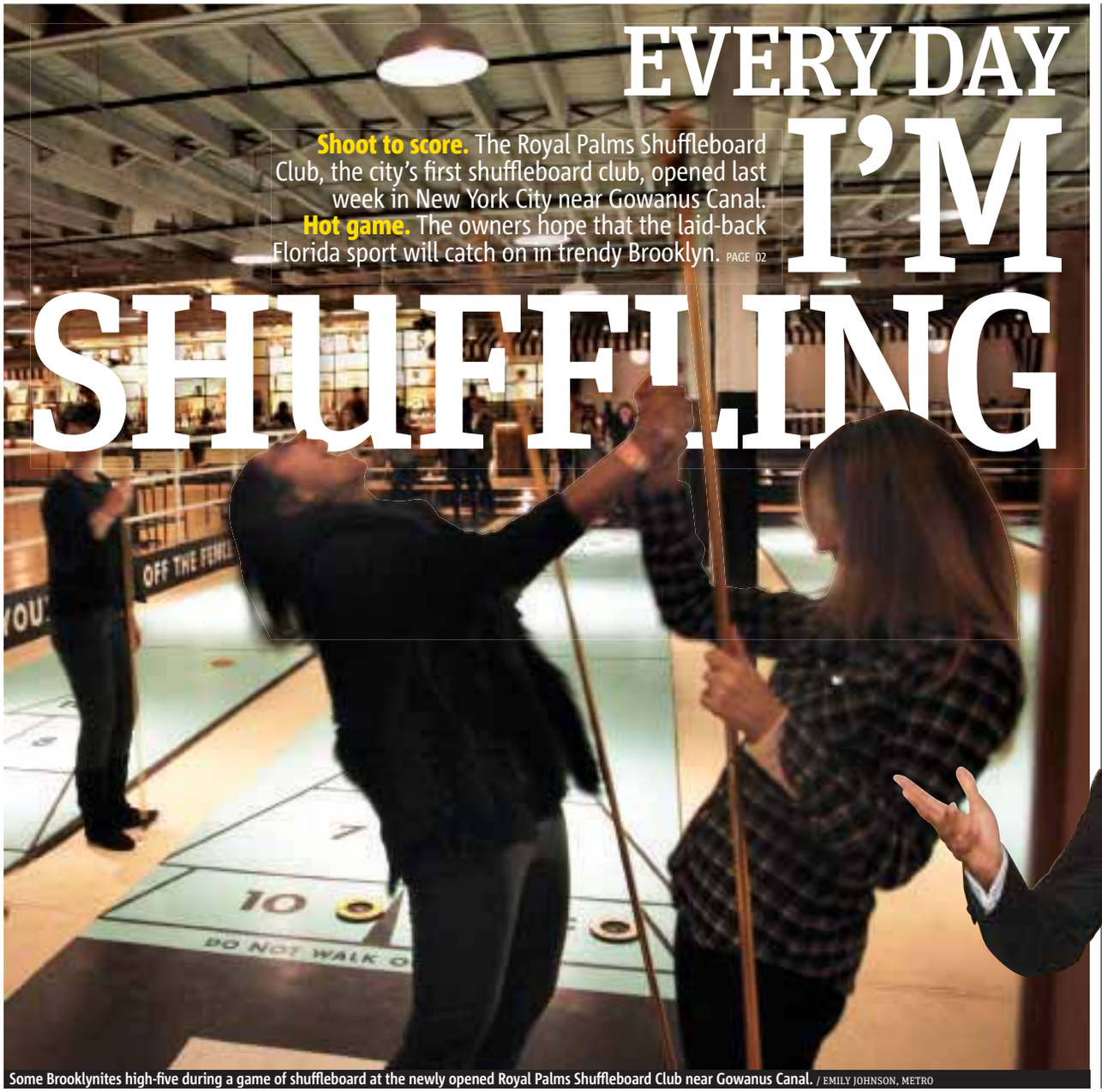
metro®

NEW YORK CITY'S #1 FREE DAILY NEWSPAPER

Monday, February 24, 2014 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

EVERY DAY I'M SHUFFLING

Shoot to score. The Royal Palms Shuffleboard Club, the city's first shuffleboard club, opened last week in New York City near Gowanus Canal. **Hot game.** The owners hope that the laid-back Florida sport will catch on in trendy Brooklyn. PAGE 02



Some Brooklynites high-five during a game of shuffleboard at the newly opened Royal Palms Shuffleboard Club near Gowanus Canal. / EMILY JOHNSON, METRO

Band of Horses goes unplugged on new tour

PAGE 26

Quiet down those 'girly thoughts' in your head

PAGE 28

Collins becomes first gay NBA pro

PAGE 36

1 NEWS

Top 3

What's trending online at Metro.us

1 'VIDEO: Kids re-enact Oscar-nominated movies'

2 'VIDEO: Cincinnati traffic reporter Bob Herzog sings parody of Disney song "Let It Go"'

3 'VIDEO: Jim Gaffigan predicted the Hot Pockets meltdown'

Today's tweet

"I'd love to be there for this: Roker, de Blasio to face off on 'Today'"

@b_mccarthy

A bartender at the Royal Palms Shuffleboard Club mixes up a drink. A player lines up a shot on the new courts. / EMILY JOHNSON, METRO

NYC's newest transplant glides into Brooklyn

See more at www.metro.us

Score. The city's first shuffleboard club opens near the Gowanus Canal.

A bartender in a Hawaiian shirt hailed a group of patrons who had just walked into the Royal Palms Shuffleboard Club Wednesday night, their noses red from the cold.

"Thanks for coming in on our first night!" he said, prompting one woman to reply: "We've been waiting!"

With last week's grand opening, the much-anticipated shuffleboard facility has delivered a breath of tropical air to winter-weary Brooklyn.

The massive former factory space is a stone's throw from the Gowanus Canal on trendy Union Street, a few blocks from the new Brooklyn Whole Foods. It boasts two bars, a bathroom covered in pink flamingo wallpaper and a floor ringed with deck chairs and festive cabana booths.

But the real showstoppers here are the 10 pristine, ocean blue shuffleboard courts.

Shuffleboard, that staple of Florida retirement communities, may seem like an odd choice for an up-and-coming Brooklyn neighborhood. But the way Jonathan Schnapp sees it, the moment was right.

"It was an idea whose time had come," said Schnapp, who dreamed up the club with partner Ashley Albert.

The idea first occurred to the two friends when they stopped in St. Petersburg, Fla., and fell in love with a shuffleboard club run by a woman named Christine Page.

Two years and one Kickstarter fundraising effort later, a drink called the Christine Page Punch sits atop the cocktail list at the Royal Palms bar.

On Wednesday night, rookie players picked up their tangs — the long sticks that push the discs, or biscuits, across the court. Between sips of pina coladas, they began lining up their shots.

"It's been so fun seeing people trying it out," said Schnapp. "It's pretty new to most people around here." He paused, his gaze captured by something happening courtside. "Although, that guy …"

He put a hand around his mouth and shouted, "Nice shot over there, court No. 2!"

EMILY JOHNSON
letters@metro.us

Sending the biscuit

Royal Palms Shuffleboard Club's 10 courts can accommodate 40 players at a time — 80 if they play four to a team.

- Royal Palms will be hosting shuffleboard leagues on Monday and Tuesday nights.
- The top two players will each earn a spot at the 33rd International Shuffleboard Association World Championship in Ontario this August.

Ready to play

"We feel really fortunate that we stumbled into something that New York, Brooklyn, the country is really ready for."
Jonathan Schnapp

NYPD. Police shoot, injure, knife-wielding Brooklyn woman

Police officers shot and injured a suicidal Brooklyn woman after she reportedly lunged at them with a knife on Saturday.

A relative of the suspect reportedly called 911 when the woman, 35, threatened to kill herself. Officers were let into the home around 2:35 p.m., where they found the woman in a bedroom.

Authorities said she leapt at the officers with a 15-inch knife, which prompted an officer to shoot the suspect.

The New York Daily News reported the woman was shot in the back.

Police say she was in stable condition Sunday.

CHESTER JESUS SORIA

Gun violence

Woman shot and killed in Harlem

A woman died Sunday after being shot in a Manhattan public housing project.

Authorities responded to a 911 call at 1:49 a.m. from St. Nicholas Houses in Harlem. Officers found the woman with a gunshot wound to the chest.

CHESTER JESUS SORIA

Traffic. Sanitation truck kills pedestrian in Crown Heights

A 25-year-old man was struck and killed by a Department of Sanitation truck as he crossed a street in the early hours of Sunday in Crown Heights, police said.

The 45-year-old driver was traveling north on the Van Wyck Expressway when the victim attempted to cross the busy road just before 2:10 a.m., police said. The vehicle, a 2010 Ford van, hit the man head-on.

The victim, who has not yet been identified, was pronounced dead at the scene.

The driver remained on the scene and has not been arrested.

EMILY JOHNSON

March 31 2014

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Elijah Salters, left, and mom, Kimberly, live at the Auburn Family Residences, a shelter for homeless families. / GETTY IMAGES

Families in two shelters to be relocated

See more at www.metro.us

Dilapidated. The homeless families will be moved from a pair of shelters known for their rough conditions.

Better life

More than 400 children and their families will be moved from the shelters.

- Mayor Bill de Blasio announced that the shelters will receive enhanced security and that the city will improve facilities in the shelters.
- The shelters will transition to take adults without children.

Hundreds of children and their families will be moved from two homeless shelters cited for deplorable and hazardous conditions, officials announced Friday.

More than 400 children and families will be relocated from Brooklyn's Auburn Family Residences in Fort Greene and the Catherine Street shelter in lower Manhattan.

"We won't leave these children and these families behind. We believe in our fundamental responsibility to lift up those going through adversity and crisis," Mayor Bill de Blasio said.

Both facilities will transition into shelters serving adult couples without minors.

By the end of the school year, 64 families with children at Auburn will be relocated to permanent housing or other shelters without shared bathrooms. The conversion of the Catharine Street shelter, where 83 families with children reside, will be completed by the fall.

Responsibility

"We won't leave these children and these families behind. We believe in our fundamental responsibility to lift up those going through adversity and crisis."
Bill de Blasio

Since January, 40 families in the Auburn facility have been relocated. Vacant units at the facility were used by families seeking shelter during severe winter weather.

The mayor's office also announced plans to reform the two shelters, including improving the facilities and increasing security.

A culinary arts training program is planned for the ground floor of Auburn. Plans for the Catherine Street shelter include security training and job placement programs.

The reforms come after a long-form New York Times series noted conditions at the Auburn facility. "Invisible Child" focused on 12-year-old Dasani Coates, whose family spent three years at Auburn.

Coates joined Public Advocate Letitia James at her inauguration last month.

ANNA SANDERS
anna.sanders@metro.us

Prepare for return of winter

Deep freeze. Icy temperatures are on the way to NYC.

After a weekend of sunshine and mild weather, forecasters predict New Yorkers should bring keep their winter gear handy this week.

While city agencies announced preparations for snow on Monday morning, the National Weather Service doesn't expect any long-lasting snow events like those that pummeled the city in recent weeks.

"We're not forecasting anything significant," weather service meteorologist David Stark said on Sunday, adding that the city will likely see less than an inch of snow.

Regardless, Stark cautioned that the most immediate concern was the drop in temperatures over the next few days.

The winter temperatures make their comeback on Monday, when forecasts indicate a low of 20 degrees in the evening.

CHESTER JESUS SORIA
chester.soria@metro.us

Tuesday temps

23

Another dip as low as 23 degrees and potential snowfall are predicted for Tuesday through early Wednesday.

Here and then gone

"It's a very quick-moving system."
David Stark

After a nice weekend, it's back to cold weather in New York City. / GETTY IMAGES

Poisoning

Carbon monoxide leak at Long Island mall kills one, injures 27

Detectives on Sunday were investigating a carbon monoxide leak inside a restaurant at a shopping mall on New York's Long Island that left one person dead and 27 other people injured.

The Legal Sea Foods restaurant at the Walt Whitman Mall in Huntington Station remained closed on Sunday after the leak detected on Saturday forced the evacuation of the establishment and three nearby eateries.

Suffolk County police responded to the mall around 6 p.m. after reports that a Legal Sea Foods employee had collapsed.

As police cleared the restaurant of its customers, officers found 55-year-old manager, Steven Nelson, unconscious in the basement.

He died of cardiac arrest as he was being transferred by ambulance to Huntington Hospital, according to hospital spokeswoman Julie Robinson-Tingue.

Twenty-seven other victims, including four ambulance personnel and three police officers, were transported to five hospitals with non-life-threatening symptoms, police said.

The restaurant's heating equipment was believed to be the source where the leak originated, police said.

REUTERS

Loss of a leader

"Our thoughts and prayers are with his family."

Legal Sea Foods
via Twitter on General Manager Steve Nelson

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Bank robber

Police seek man tied to Manhattan robberies

A man dressed in black and sunglasses robbed two Manhattan banks on Saturday, police said.

The suspect made off with $2,885, first striking the Popular Community Bank in Manhattan's Lower East Side at around 11:43 a.m.

"This is a bank robbery," read a note the suspect gave a teller. "Give me $7,000.00 from your top draw. I have a gun."

The man left the bank with money before heading uptown to a Capital One Bank in Midtown East. At around 12:22 p.m., the suspect again gave the same note to a teller, was handed money and left without any injuries to customers, police said. **CHESTER JESUS SORIA**

Pre-K

Alicia Keys, Sarah Jessica Parker push mayor's plan

Alicia Keys, Sarah Jessica Parker and other female celebrities have joined the push for Mayor Bill de Blasio's tax plan to fund universal prekindergarten

A group of female entertainers released statements in support of the tax plan through the de Blasio-affiliated UPKNYC campaign on Friday.

"New York City's tax plan is a smart, fair way to make a real investment in New York City's children and families, and it's something we should all get behind," Parker said in a statement.

Julianne Moore, Rosie O'Donnell, Rosie Perez and Olivia Wilde also issued statements supporting the plan. **ANNA SANDERS**

Petition calls for ban on new LES pizzerias

Mouthwatering. The group behind the petition says that there are too many pizza places in their neighborhood.

The residents think the Lower East Side is glutted with pizza joints. / GETTY IMAGES

A group of Lower East Side residents are fed up with pizza.

A petition on Change.org is seeking to convince members of Community Board 3 to institute a ban on new pizzerias in the neighborhood that they say has become over-saturated with restaurants specializing in the greasy, classic New York delicacy.

The petition, created by a group that goes by the name "No More L.E.S. Pizzerias!" states its mission thusly: "Promote diversity in low to mid-priced food options for New York City's Lower East Side."

A longtime Lower East Side resident who is behind the campaign told the East Village blog EV Grieve that the group's preferred food options would be "more small local joints like Mimi & Coco's Japanese spot."

As of Sunday, the petition had 38 signatures.

No more pizza

The group is against all new places

Some media coverage has previously indicated that the group's crusade was against only $1 slice pizza joints, prompting them to clarify with an update to the petition.

"It is not an anti $1 slice pizza petition. We're sick of ALL new pizzerias," the petition reads. "No more new $1 slice pizzerias. No more new expensive brick oven pizzerias. NO MORE PIZZERIAS!"

EMILY JOHNSON
letters@metro.us

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Jobs push

Obama to unveil manufacturing institutes

President Barack Obama on Tuesday will announce two new manufacturing institutes aimed at attracting and nurturing businesses that will hire workers for highly paid jobs in the U.S. a White House official said.

One institute, to be located in Detroit, will focus on lightweight and modern metals. The other, in Chicago, will concentrate on digital manufacturing and design technologies, the official said. REUTERS

Government money

$140M

The Department of Defense will lead the effort with $140 million in government money. The president is due to make the announcement Tuesday, the official said.

Vermont

Maria von Trapp of 'Sound of Music' fame dead at 99

Maria von Trapp, a member of the Austrian family whose escape from Nazi Germany and subsequent musical career inspired the famed musical "The Sound of Music," has died at the age of 99, according to a relative.

Von Trapp died Tuesday, but the news was confirmed Saturday by her half-brother Johannes von Trapp, according to the New York Daily News. Von Trapp died of natural causes at her home in Vermont, the paper reported.

No one was immediately available to comment at the Trapp Family Lodge in Stowe, Vt., or at the original family home, Villa Trapp, in Austria. REUTERS

Governors to urge Obama not to downsize National Guard

State executives. Many governors are in Washington this week for a national conference.

The National Guard carry out an emergency evacuation from flooding brought on by Superstorm Sandy in Hoboken, N.J. / GETTY IMAGES

Governors from both U.S. political parties plan to talk to President Barack Obama today about preventing potential cuts to National Guard units, several governors said on Sunday.

"In downsizing the military, we want to make sure that reserve and National Guard is protected in our country," Connecticut Gov. Dannel Malloy said on CNN's "State of the Union."

"I'm going to have that discussion with the president tomorrow," Malloy, a Democrat, said.

Several appeared on Sunday morning talk shows to talk about potential cuts to the National Guard, a reserve force that is part of the Army but serves state governments often at times of crisis, such as during floods or after hurricanes.

Quoted

"We cannot shrink that force the way that is being proposed out of the Defense Department." Malloy

The budget deal Congress reached in December blunted the effect of the across-the-board cuts that had been expected to hit military programs, but the agencies are still expected to reduce spending.

Another governor, Republican Scott Walker of Wisconsin, echoed Malloy's comments on "Fox News Sunday."

"We're going to talk about the National Guard," Walker said when asked what he planned to discuss with the president.

"I think there is common agreement among all 50 governors that we shouldn't go back to pre-9/11 standards when it comes to the National Guard," he said. REUTERS

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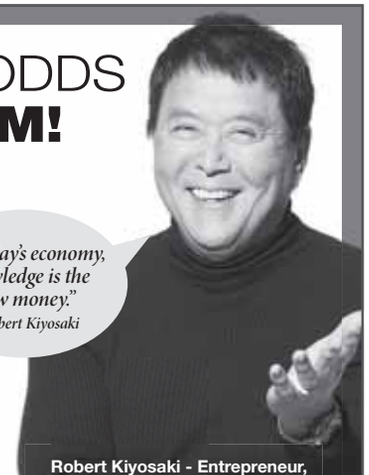

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Sun-dimming volcanoes partly explain global warming hiatus: Study

Cooled climate. Eruptions account for up to 15 percent of the difference between predicted and observed warming.

See more at www.metro.us

A villager stands amid ash and debris caused by the Mount Merapi volcanic eruption in the Indonesian village of Cangkringan on Nov. 14, 2010. / GETTY IMAGES

Small volcanic eruptions help explain a hiatus in global warming this century by dimming sunlight and offsetting a rise in emissions of heat-trapping gases to record highs, a study showed on Sunday.

The pace of rising world surface temperatures has slowed since an exceptionally warm 1998, heartening those who doubt that an urgent, trillion-dollar shift to renewable energies from fossil fuels is needed to counter global warming.

Explaining the hiatus could bolster support for a U.N. climate deal, due to be agreed by almost 200 governments at a summit in Paris in late 2015, to avert ever more floods, droughts, heat waves and rising sea levels.

"This is a complex detective story," said Benjamin Santer of the Lawrence Livermore National Laboratory in California, lead author of the study in the journal Nature Geoscience that gives the most detailed account yet of the cooling impact of volcanoes.

"Volcanoes are part of the answer but there's no factor that is solely responsible for the hiatus," he told Reuters of the study by a team of U.S. and Canadian experts.

Volcanoes are a wild card for climate change — they cannot be predicted and big eruptions, most recently of Mount Pinatubo in the Philippines in 1991, can dim global sunshine for years.

Santer said other factors such as a decline in the sun's output, linked to a natural cycle of sunspots, or rising Chinese emissions of sun-blocking pollution could also help explain the recent slowdown in warming.

The study suggested that volcanoes accounted for up to 15 percent of the difference between predicted and observed warming this century. All things being equal, temperatures should rise because greenhouse gas emissions have hit repeated highs. REUTERS

Volcanoes

17

Eruptions of at least 17 volcanoes since 2000 ejected sulfur whose sun-blocking effect had been largely ignored until now by scientists, the study said.

Cheap chatting

Mozilla, Spreadtrum introduce $25 phone in Spain

Mozilla Corp., developer of the Firefox browser and operating system, said it has cracked the smartphone price barrier with the help of Spreadtrum Communications Inc., unveiling a $25 prototype.

Jay Sullivan, Mozilla's chief operating officer, introduced the ultra-cheap "reference device," made with low-cost wireless components in partnership with chipmaker Spreadtrum, at a press event at the Mobile World Congress in Barcelona Sunday.

In keeping with the theme of cheaper phones for developing markets, at the wireless industry's largest annual conference Sullivan said a feature-filled low-cost phone is the ideal first smartphone for many people who haven't been able to afford other models. BLOOMBERG

World shaking. Miami marks 50 years since Ali's boxing match

Fifty years ago, an upstart American boxer who later became known as Muhammad Ali "shook the world" when he dethroned Sonny Liston to claim the heavyweight championship of the world in Miami Beach.

That victory on Feb. 25, 1964, was the last time Cassius Clay fought under his real name, announcing after that he was joining the religious black power movement, the Nation of Islam, and changing his name to Muhammad Ali.

The bout that ended when Liston threw in the towel launched Ali to international fame, giving him the stage to successfully protest everything from racial segregation to the Vietnam War. REUTERS

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Unrest in Caracas

Venezuela opposition agrees to talks

Venezuela's opposition agreed to meet tomorrow with President Nicolas Maduro as anti-government protesters and security forces clashed in Caracas for an 11th straight night.

Governor Henrique Capriles, standing alongside the wife of jailed opposition leader Leopoldo Lopez, said at a rally Saturday he would agree to hold talks with Maduro at the presidential palace on Feb. 24. The two-time presidential hopeful two days prior said he wouldn't be forced into dialog after Maduro warned there would be legal consequences to missing the meeting.

BLOOMBERG

US to seek extradition of drug kingpin

U.S. prosecutors plan to seek the extradition of Mexico's most wanted man, alleged drug cartel kingpin Joaquin "Shorty" Guzman, to face trial in the United States after he was captured in Mexico. Robert Nardoza, a spokesman for the U.S. Attorney's office, said on Sunday his office would request Guzman's extradition to face a variety of charges. Guzman, caught on Saturday in Mexico with help from U.S. security forces, had long run Mexico's infamous Sinaloa Cartel. His capture marks a major victory in the fight against drug gangs in Mexico, officials said. REUTERS / GETTY IMAGES

Ukraine leader points west as US warns Russia

Europe offers help. EU officials offered financial aid to a new government.

Ukraine's new interim president pledged to put the country back on course for European integration now that Moscow-backed Viktor Yanukovich has been ousted, while the United States warned Russia against sending in its forces.

As rival neighbors east and west of the former Soviet republic said a power vacuum in Kiev must not lead to the country breaking apart, acting president Oleksander Turchinov said on Sunday that Ukraine's new leadership wanted relations with Russia on a "new, equal and good-neighborly footing that recognizes and takes into account Ukraine's European choice."

A day after Yanukovich fled to the Russian-speaking east following dozens of deaths during street protests aimed at toppling him, parliament named new speaker Turchinov as interim head of state.

An ally of the ousted leader's long-jailed rival Yulia Tymoshenko, he aims to swear in a government by Tuesday that can provide authority until a presidential election on May 25.

With battle-hardened, pro-Western protesters in control of central Kiev and determined to hold their leaders accountable, lawmakers rushed through decisions to cement their power, display their rejection of rampant corruption and punish officials who ordered police to fire on Independence Square.

REUTERS

Huge challenge

Whoever takes charge as interim prime minister faces a challenge to satisfy popular expectations and will find an economy in deep crisis, even if the European Union makes good on offers of aid that may help make up for loans that Russia has frozen.

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Giant pandas get big Belgian welcome

Two giant pandas arrived in Belgium on a 15-year loan on Sunday, and they got the kind of welcome usually reserved for visiting dignitaries or celebrities. The male and female pair, Xing Hui and Hao Hao, showed no signs of stress from a journey of more than 12 hours as their transparent boxes were unloaded at Brussels Airport to cheers from school children. The pandas will live at Pairi Daiza, a wildlife park about 30 miles southwest of Brussels. **REUTERS** /GETTY IMAGES

Discourteous ways

Pope tells cardinals to shun intrigue

Pope Francis urged cardinals, who make up the top echelon of the Roman Catholic Church, on Sunday to shun the intrigue, gossip and cliques typical of a royal court.

Since his election nearly a year ago, Francis has often told his top aides not to live or behave like a privileged class. The eight-year papacy of his predecessor, Benedict, was marked by mishaps and missteps, which were often blamed on a dysfunctional bureaucracy and intrigue befitting a Renaissance court.

On Sunday, Francis celebrated a mass with 18 of the 19 new cardinals who were elevated to that rank on Saturday.

"A cardinal enters the Church of Rome, not a royal court," Francis said in his sermon, welcoming the men into the elite group that help him run the Church in the Vatican and around the world. **REUTERS**

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Winter Olympics.
US wraps up in Sochi taking nine golds

Final medal count

	G	S	B	T
1. Russia	13	11	9	33
2. USA	9	7	12	28
3. Norway	11	5	10	26
4. Canada	10	10	5	25
5. Holland	8	7	9	24
6. Germany	8	6	5	19
7. Austria	4	8	5	17
8. France	4	4	7	15
Sweden	2	7	6	15
10. Switz.	6	3	2	11

1 **Maddie Bowman** and **David Wise** each won gold in ski halfpipe — a first-time event in the Olympics.

2 Maybe the biggest American sure thing was golden ice dancing pair **Meryl Davis** and **Charlie White**. They took the first-ever U.S. ice dancing gold.

3 It was no surprise **Jamie Anderson** won women's snowboard slopestyle, but **Sage Kotsenburg** made it a U.S. sweep in an upset.

4 And **Kaitlyn Farrington** gave the U.S. its third snowboard gold with a halfpipe win in an upset over fellow American Kelly Clark.

5 The reigning world champion in slalom, **Mikaela Shiffrin**, had no trouble keeping that streak going in Sochi. Look for the 18-year-old to be an even bigger star in Pyeongchang in 2018.

6 Speaking of reigning world champs, **Ted Ligety** carried his circuit success into the Olympics with a giant slalom win.

7 And maybe the biggest surprise gold came from slopestyle skier **Joss Christensen**, who already hit up the "Late Show with David Letterman."

ALL PHOTOS GETTY IMAGES

ALL PHOTOS GETTY IMAGES

Sochi closes down Olympics with a bang

The closing ceremony officially transferred the torch to South Korea, which will host the 2018 Winter Olympics, top. Hockey player Julie Chu, inset, carried the U.S. flag in her fourth games, which closed with a barrage of fireworks.

Students get recognized on Oscar stage

Students will be fortunate enough to go backstage at this year's Oscar ceremony. / GETTY IMAGES

"Team Oscar."
Aspiring filmmakers will take part in this year's Academy Awards.

On Oscar night, six collegiate aspiring filmmakers will experience the thrill of a lifetime: handing Academy Award statuettes to celebrity presenters at the podium. "Team Oscar" is the result of a challenge held on "The Ellen DeGeneres Show," where aspiring filmmakers created short videos explaining how they plan to contribute to the future of movies.

The Academy and Oscars producers selected the winners. They include Jeanpaul Isaacs, Rutgers senior from South Brunswick, N.J., journalism and media studies major; Zaineb Abdul-Nbi, University of Michigan senior from the Bronx, screen arts and culture major; and Bryson Kemp, Muhlenberg sophomore from North East, Md., music major.

Academy Award dreams for these filmmakers aren't all that farfetched as Isaacs points out what a difference a year makes. Last year he and his mother watched the ceremony in a hotel room due to displacement from Hurricane Sandy. Isaacs recalls telling her he'll get there "someday."

"And one year later, I am going!" he proclaims. "Hopefully one day I'll go back on my own merit."

What are your film aspirations?
Isaacs: "I want to spark discourse and dialogue, stories that resonate with people to transfer what they see on screen into reality."
Abdul-Nbi: "Cinematography and blending 35mm film and the digital aspect of filming together."
Kemp: "Composing music for movies. Just picture scenes without music — it's crazy how much it adds."

Zaineb Abdul-Nbi / PROVIDED

Jeanpaul Isaacs / PROVIDED

What's your favorite movie and why?
Isaacs: "'Forrest Gump.' I was enamored by the character and his journey. Looking back now and repeatedly watching it, it's a story about the underdog and how your destiny isn't always written."
Abdul-Nbi: "'Volver' with Penelope Cruz. It's a story about women. It's always really fascinating how the narrative doesn't revolve around men."
Kemp: "'Invictus.' It's so inspiring how Nelson Mandela changed the whole country."

What's your favorite movie that didn't get recognition?
Isaacs: "'The Shawshank Redemption.' It has the best ending I've ever seen and it totally caught me off guard."
Abdul-Nbi: "'Fantastic Mr. Fox.' I'm a huge fan of Wes Anderson's work and appreciate the quality, texture and level of detail in his stop motion animation."
Kemp: "'The Way Way Back.' It has a funny and touching story with a great ending."

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Doing double

Working part-time while in school is an excellent way to offset some of your tuition, textbook and housing costs. However, it can be challenging to juggle a job on top of an already busy student schedule. Here are some suggestions for how to balance work with your studies.

Stay organized

Planning out your schedule is the most important step to ensuring that you stay on top of your schoolwork and your job. Use a calendar that's connected to your email or one that you can download to your computer — or opt for a paper agenda. Whatever you choose, use your planner to schedule in class times, deadlines, shifts at work, time for studying and exercise, social activities and any other commitments you have.

Plan ahead

Be proactive about deadlines

Try setting "fake" due dates for yourself for assignments and exams a couple of days ahead of the real deadlines and aim to have your essay, report or studying completed by the earlier date. That way you'll always have a buffer period if you fall behind, or you can use that time on other things. You should also start working on projects as soon as you get them. Not only will it help you get a good sense of how much time you need to complete the assignment, it will also eliminate the anxiety that comes with looming deadlines.

Be honest with your employer

Make it clear that your job is important to you, but that your studies ultimately have to come first.

Your boss should already expect this and he or she will probably appreciate your dedication to your education.

Of course, you'll still need to make sure you're making your job a priority. However, you can make things a little bit easier on yourself by arranging your work schedule around exams or assignments well in advance. You should also be up front with your employer about how many hours you are able to work each week without jeopardizing your studies.

Perhaps offer to work a little extra during peak times — employers will be more respectful of your schedule if you are respectful of theirs.

But don't burn yourself out

Be honest with yourself about what you can realistically handle — not everyone can manage working while in school, and taking on too much could mean you end up neglecting your studies. Make sure you give yourself a break every now and again. Take a night off occasionally to see friends and maintain relationships with the people you care about. Schedule in some personal time every once in a while, too, to give yourself a chance to catch your breath and make sure your stress levels are manageable.

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time

Scheduling. Here are five steps for balancing work while trying not to flunk out of school.

Learning to manage your time better between work and school will keep you from falling asleep at your desk. / PHOTICK

Balancing act

Treat school like you treat your job

One of the hardest things about balancing course-work as a student is time management, because there's no one watching over you to make sure you don't procrastinate. When you're studying, act like you're at work: Every minute counts, so make sure you're using your time wisely. You have to become your own boss — you should hold yourself to the same high standards an actual employer would.

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2 CULTURE

'12 Years a Slave' and 'Lee Daniels' The Butler' win big at NAACP

It was a big Saturday night for "12 Years a Slave" and "Lee Daniels' The Butler" at the NAACP Image Awards, which honors top achievements by African Americans in the entertainment industry. "12 Years a Slave" won for best picture while Lupita Nyong'o won for best supporting actress in the film. Forest Whitaker picked up a statue for best actor for "Lee Daniels' The Butler" and David Oyelowo won best supporting actor for his portrayal of his son. Kerry Washington, sporting a big baby bump, took home the award for best actress in a television drama for "Scandal," with LL Cool J winning best actor for "NCIS: Los Angeles."

But everyone was a winner on the red carpet (and by "everyone," we mean Idris Elba. Hubba.). To the right, we've highlighted some of the best looks of the night.

The red carpet

Minaj's former stylist is wigging out

It's a hair-raising lawsuit between Nicki Minaj and her former hair stylist/wig maker Terrence Davidson. Davidson is suing the rapper for $30 million, saying that she's selling wigs based on his own designs without his permission.

Christopher Chestnut, a lawyer for Davidson, said his client's wigs "significantly contributed" to Minaj's celebrity.

He claims the star "took a number of his popular wig designs, without his consent, and used them to start her own wig line. ... This is basic American morality. Nicki Minaj lied to this man and cheated him," he said.

Davidson, who calls himself a "wig master," has styled Patti Labelle, Jennifer Hudson, Remy Ma, Mary J. Blige, Keisha Cole, Lil Mo, Trina, Ashanti and Tyra Banks, per his website. Also still on his website? A slide show of Nicki Minaj, donning various wigs of his design. So, you know, he's not THAT mad at her.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Talking points

Hudson headed for a split?

Despite being engaged for nearly three years and sharing a 2-year-old son, Kate Hudson and fiance Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son."

Aniston's wedding is on hold

Jennifer Aniston reportedly declined fiance Justin Theroux's invitation to celebrate her 45th birthday in New York, and sources say that all is not well between the celebrity couple, with wedding plans on hold and everything, according to Radar Online. "Justin asked Jen to come to New York City but she declined, citing the cold weather. She wanted to be in sunny Southern California with her friends," a source says. "It's absolutely indicative of the status of Jen and Justin's relationship. There is absolutely no wedding talk or planning going on. Publicly the couple is saying it's because they are just too busy with work, but if they wanted to get married, it would happen.

Nyong'o gets first tabloid mention

"12 Years a Slave" star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumor — that she and fellow Oscar nominee Jared Leto are dating. "But I thought Miley Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen DeGeneres during an interview. "It's crazy because when I read these rumors, I mean, they're so detailed that even I start to question if they're true or not."

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Roseanne Barr has some parenting tips, Ian McKellan has popular friends, Lena Dunham is too young to remember "Looking for a New Love" and Tyra Banks is paralyzed by indecision.

@TheRealRoseanne
If u go in public please mind ur brat offspring-no one likes them but u

@IanMcKellan
Congratulations to my friend @SirPatStew who has crossed over one million people following him on @twitter!

@lenadunham
Just nicknamed my dog Jody Squatley, which is a reference even I don't really get

@tyrabanks
Red lips or smoky eye?

Also out

'Thor: The Dark World'

Chris Hemsworth's Norse beefcake is back for adventures we completely forgot since we saw it four months ago. Apparently it was half-fun.

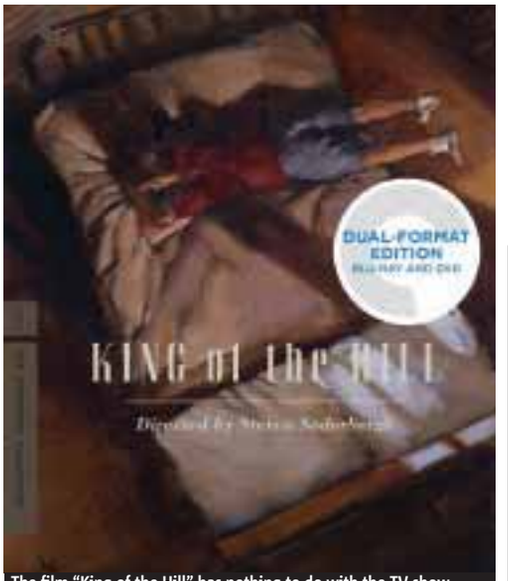
'Blue Is the Warmest Color'

We know many people are going to watch this French relationship drama because of the sex, but trust us: The articles are good too, if you catch our meaning.

A MISSING SODERBERGH FILM GOES DIGITAL

Steven Soderbergh's 1993 drama "King of the Hill" — which has nothing to do with propane tanks — has long been one of the most inexplicable titles MIA from home video, having never even made it to DVD. Based on A.E. Hotchner's memoir, it tells of Aaron (Jesse Bradford), a smart tween trying to survive in 1933 St. Louis. He finds his self-reliance put to the test when he's abandoned, forced to survive in his family's run-down hotel home without any money or food.

Soderbergh complains about the warm colors, saying if he did it again he'd make it rougher, more real. But the lack of grit is what gives "King of the Hill" its unusual power. Apart from looking like no other film about the Depression, it moves in lockstep with its hero, who goes delusional as he refuses to let circumstances destroy him. The style fits the material.



The film "King of the Hill" has nothing to do with the TV show.
CRITERION COLLECTION

Soderbergh may not be crazy about the picture, but you should never listen to filmmakers about their own work.

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Floating in space

'Gravity'

Everyone told you to see director Alfonso Cuaron's space saga in IMAX at the theater, and you didn't listen, and now you're forced to judge it mostly on content. Fortunately, it's still mesmerizing even when viewed on a tiny box like your home television.

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AMBER HEARD

The actress loved where she shot "3 Days to Kill" but hated the clothes.

PARIS IN STYLE

GETTY IMAGES FOR MOET & CHANDON

Amber Heard had a ball playing Vivi, the trigger-happy, unsympathetic boss to Kevin Costner's retirement-age operative in "3 Days to Kill." Vivi is all deadpan one-liners, stilettos and gun-play — a figure right out of the imagination of writer French auteur Luc Besson. But Heard's character's high-ranking position in the CIA came as something of a surprise to the actress — as it's something the actress (and Johnny Depp's fiancee) didn't find out about until after she'd finished filming.

This doesn't seem too bad, as far as work goes.

I'll tell you what isn't bad: driving through the streets of Paris, shooting a gun out of the window while Kevin Costner tries to steer for you, or getting in a fist fight with a stripper in front of [director] McG's cameras. I had this incredible heightened reality that I had to exist in. I'm basically in a latex suit, a full corset, a gun on my hip, shooting another gun with my free hand, wearing a platinum blonde wig and red lipstick — and this is right before I jump out of the car and assassinate a gangster. I look over and I see the Arc de Triomphe or the Eiffel Tower and I'm in a gunfight. It was a very interesting way to see Paris that I didn't quite get from the tour bus.

They don't usually supply handguns on tours.

No. Unless you're in Texas, maybe.

Your character is in a very Luc Besson world, which seems like a fun place.

Yeah, that was straight out of Luc Besson's head. There's something very liberating about playing a character that has no respect for the rules and the physical laws and the social norms that the rest of us are bound by. McG is a lot like Vivi in the fact that he's not really bound by the same standards or stereotypes or rules or expectations that other people are. He was fine having this dynamic of a younger woman like myself being the overbearing boss in ways to Kevin Costner's character. And normally you don't see that dynamic. You would see a younger girl and a man like Kevin, and you would imagine the dynamic being a romantic one or paternal — one of the two. You don't expect this relationship. I liked that.

That sadistic boss is part of the "new CIA," as the characters call it.

Yeah, but that's something that kind of developed after. When we filmed this, there was no real explanation for who she was or who she worked for. So that is something that's come in the process of tweaking and re-shooting.

Q&A

Discomfort

In keeping with that Luc Besson world, you had some pretty impressive costumes. Any particular favorites?

None of them were my favorite, I'll just put it that way. None of the wardrobe was fun to wear. Maybe with the exception of that opening scene [that's more business casual], that was fine for me to do. What wasn't fine was wearing a latex dress in the dead of winter in Paris, in heels, running through cobblestone streets. There's this wonderful designer who made a lot of the clothes; he's a Japanese dressmaker who makes all latex stuff. And as you know, nothing protects against the elements like a thin layer of latex. [Laughs]

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Box office. Sorry, Kevin Costner, but everyone in America keeps seeing 'The Lego Movie'

"The Lego Movie," an animated film that depicts a world based on the colorful toy blocks, collected $31.5 million to lead U.S. and Canadian box office charts for a third consecutive weekend.

The new Kevin Costner spy thriller "3 Days to Kill" was a distant second after pulling in $12.3 million for the period from Friday to Sunday.

The big-budget disaster movie "Pompeii" generated ticket sales of $10 million in its first week in theaters to claim the No. 3 spot.

"RoboCop," a remake of Paul Verhoeven's 1987 science fiction film about a part-man, part-cyborg crime fighter, was fourth with sales of $9.4 million, according to studio estimates. In two weeks it's pulled in $43.6 million against a $100 million budget.

Since opening on Feb. 7, "Lego" has been leading the box office and has taken in a total of $183.2 million domestically.

Once again it's great news for Liam Neeson's Good Cop in "The Lego Movie." / WARNER BROS. PICTURE

"'Lego' is significantly over-performing our wildest expectations," said Jeff Goldstein, executive vice president for theatrical distribution at Warner Brothers, which distributed the movie. The studio already announced a "Lego" sequel, which it plans to release Memorial Day weekend in 2017.

"Pompeii," which was made for $100 million, is set in 79 A.D. and stars Kit Harington from "Game of Thrones." The movie tells the story of a slave turned gladiator who attempts to rescue the woman he loves when Mount Vesuvius erupts. The opening fell short of the forecast by its U.S. distributor Sony of sales between $12 million and $15 million.

"3 Days to Kill," written by French action film director Luc Besson, and starring Costner as an over-the-hill spy trying to connect with his estranged daughter, cost only $28 million to make.

Rounding out the top five, "Monuments Men," directed by and starring George Clooney and based on the true story of U.S. soldiers who rescued art masterpieces from Nazi thieves, took in $8.1 million. REUTERS

Top 5 earners

1. **'The Lego Movie'** $31.5 million
2. **'3 Days to Kill'** $12.3 million
3. **'Pompeii'** $10 million
4. **'RoboCop'** $9.4 million
5. **'The Monuments Men'** $8.1 million

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GETTY IMAGES

DANIEL BOULUD

The famous French chef talks learning the basics, loving pickles and what to always have in your pantry.

COOKING 101

You may never be able to create flawlessly executed dishes like the ones served in Daniel Boulud's Michelin-starred restaurants, but the French culinary master's latest book, "Daniel: My French Cuisine," which celebrates the 20th anniversary of his famous New York outpost, not only sheds some light on his food philosophies, but includes some easier, casual recipes the chef makes at home.

Since we're new at this whole cooking game, we asked chef Boulud about the essentials every budding home cook needs to know along with the must-haves for our pantries. Good news: Tabasco made the cut.

What is the most important skill to learn when you're starting to cook?
I think that basic knife skills, which is knowing how to handle a knife, and knowing how to peel, cut, slice and chop basically anything is important. Then it's important to learn temperature. You have to master the heat. It's not always about rushing as much as having the perfect heat for what you prepare. You also have to have a sense of time. Timing is everything when you cook.

What ingredients should people splurge on, and which, in your opinion, are not such a big deal?
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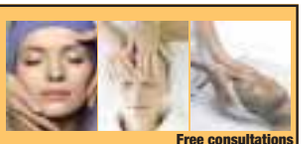

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Learn how to make chef Boulud's beer-marinated pork rack at www.metro.us. / THOMAS SCHAUER

Boulud's tips for the host

• Make dishes like soup, salad, charcuterie, shellfish and smoked fish platters that can be served cold.

• For the main course, make a pot meal like a pre-roasted roast and keep it warm with a very low-temp oven to not overcook it.

• For large groups, buffets are the best, with a lot of Middle Eastern dips, chips, charcuterie with root vegetable slaw, tarts and a cheese platter with dried fruits, jam, nuts, honey and whole-grain bread.

truffle, but it's expensive. If you buy truffle for yourself, you have to calculate about 6 grams per serving. If you really want to splurge, it's 10 grams per serving.

What about some more everyday ingredients? [I'd splurge on] a beautiful fish. Being in New York, you have the littleneck clams from Long Island, you have mussels. Lobster is a very good thing to splurge on and wild mushrooms during the season when they're at their best. That's wonderful with risotto. I will also splurge on things like saffron because it gives a wonderful, delicate flavor. And spice, because they make every dish come alive. My favorite place for spices is La Boite.

Q&A

Getting started

What is one dish that people new to the kitchen should have in their back pocket?
A braised meat or a braised fish. Braising is the most soulful, warm and cheerful dish you can make. It takes some preparation; that's why I think to be a good cook at home, it's important to have good preparation, to learn how to get organized. You prepare yourself to have the best ingredients, you prepare yourself to have a timetable.

TINA CHADHA
tina.chadha@metro.us

In the pantry

What are some items everybody should have stocked?

- **Olive oil.** It's a question of taste, but it's important to have some high-quality olive oil, one from Provence, one from Italy. I use Manni olive oil for finishing my dishes. And just lately, I tasted olive oil from Jean Reno, which is fantastic. It's available at D'Artagnan.
- **Condiments.** A1 sauce, Worcestershire, Sriracha, Tabasco. I love Tabasco. When we travel we bring back condiments. It's like a special gift that comes from that country.
- **Good mustard.** Because I'm French, I love mustard.
- **Pickles, always.** You can have Japanese pickles, French pickles — cornichon, pearl onion. [You can have] many different ones, because pickles last forever.
- **Seafood in cans.** I always have sardines in cans, tuna in cans and anchovies in cans. It's nice if you have a little craving. You make some toast, put some butter, crush some sardines on it with a little bit of onion and celery and you make a wonderful toast.

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TV watch list

COMEDY

‘Late Night with Seth Meyers’

Former “SNL” star Seth Meyers will take over Jimmy Fallon’s “Late Night” spot, and he’s doing it in grand style, with first guests Vice President Joe Biden and Amy Poehler. The band A Great Big World will perform.

SERIES PREMIERE, 12:36 A.M., NBC

SETH MEYERS BEGINS HIS LATE-NIGHT GIG TONIGHT. RODOLFO MARTINEZ, NBC

COMEDY

‘How I Met Your Mother’

Barney is suffering from a horrific hangover. The friends try to concoct a hangover-fixer elixir, but finding the odd ingredients proves to be a challenge.

8 P.M., CBS

REALITY

‘The Voice’

Season 6 of the singing competition premieres with the blind auditions. Shakira and Usher are back, filling in for Christina Aguilera and Cee Lo Green.

8 P.M., NBC

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Tickets are on sale through March 23. / JOAN MARCUS

Give us less information, more love

Theater. The latest play at NYTW has 50 scenes. Yes, 50.

To quote architect Mies van der Rohe: “Less is more.” Too bad Caryl Churchill, author of “Love and Information” at the Minetta Lane Theatre, didn’t heed his counsel. Effortlessly intelligent and often delightful, her play is ultimately an information overload.

An agglomeration of 50-odd vignettes, at first “Love” has you waiting for it to settle on a single storyline. Once you realize that’s not going to happen, you search in vain for the unifying thread binding its disparate components together. Good luck.

The pieces in “Love” range in length from several minutes to several seconds. They all relate to information — what verbal expression doesn’t? — and, to a lesser extent, love. But these themes are far too broad to sink your teeth into. Churchill’s writing is crisp and funny; her subjects are wide-ranging and unique. Topics include sharing secrets, revealing secrets, irrational numbers, witness protection, insomnia and hearing the voice of God (while not taking your medication because it interferes with the reception). Then there’s the young woman sweetly telling her date about her grisly occupation cutting the heads off fluffy yellow chicks in the name of science, an especially effective juxtaposition of innocence and the grotesque. But what does it all add up to?

The ensemble of “Love and Information” encompasses various ages, sexes (well, two) and races. They’re fantastic. Miriam Buether’s set, reminiscent of three-dimensional graph paper, is perfect for the omnibus goings-on. And the blackouts between scenes, creating the illusion of an immaterial curtain of darkness, are flawless.

“Love and Information” has much to recommend it. And if the author were a little less ambitious — if she had trimmed its pieces to a more workable number — its lack of cohesion might be less troubling. But as it is, the whole is less than the sum of its parts.

MICHAEL BRACKEN
michael.bracken@metro.us

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Q: You claim that Vixalis will help with my confidence with women, how is Vixalis able to do this?

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An Important Message from Psychologist Lisa Well

In a recent survey concerning penis size, 77% of women surveyed reported greater pleasure and sexual satisfaction from a larger penis, but there are other reasons women search for well-endowed men. In a women's subconscious, the size of a man's penis is representative of his masculinity-meaning, on a more primitive, base level-his ability to provide, protect and to be more fertile partner.

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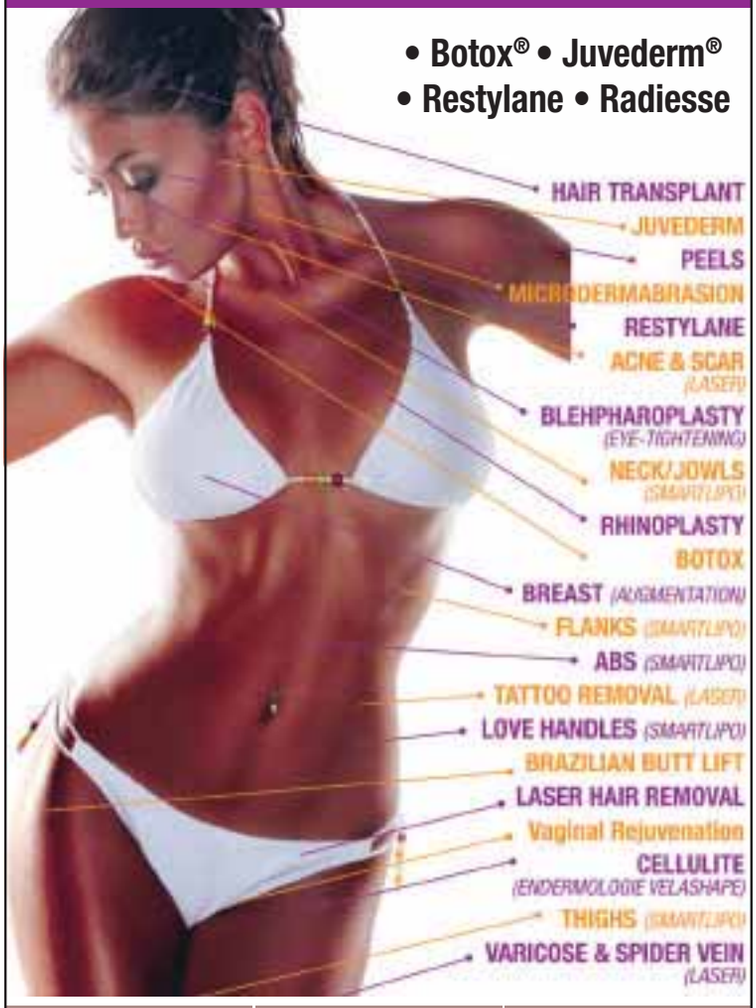

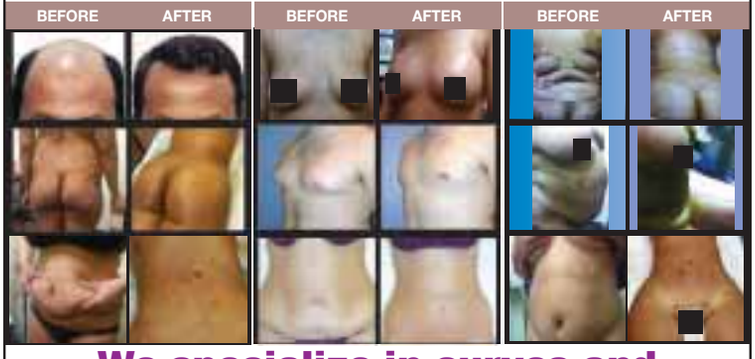

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Band of Horses play a sold-out show at Town Hall on Friday. / CHRISTOPHER WILSON

Taming a wild Band of Horses

Stripped down. Their new album, "Acoustic at the Ryman," began as a happy accident, but now they're doing an intimate tour based around it.

Band of Horses didn't plan on going on an acoustic tour. They didn't even plan on releasing an acoustic album. But, according to guitarist/keyboardist Ryan Monroe, it just sort of happened.

"We recorded a random acoustic set opening up for ourselves at the Ryman Auditorium in Nashville and it turned out really well," he says. "In the back of our heads we were kind of hoping that we would get an imitation of that. We liked what we heard and it was about time to put out a new record. So we were like, 'Hey this is cool, let's do this.' We kind of planned the tour around the record, which was kind of an accident."

A happy accident, as it turns out. Band of Horses' brand of lilting, folksy indie rock seems tailor-made for acoustic performance — so much so that it's rather surprising that they haven't recorded an acoustic album until now. The delicate melancholia of tracks like "The Funeral" find new, wistful life on the acoustic album, for which the band is currently on a limited-engagement tour.

The stops on the tour are all far more intimate venues than those a band of their stature would usually play: smaller theaters and clubs that lend themselves to a stripped-down performance. "It's a really fun learning experience for all of us," Monroe says. "To be able to hear each other better onstage is great. We can hear deeper dynamics, and we can better communicate, musically."

Not that this is a band that has ever had much trouble finding musical harmony. With four critically well-received studio albums under their belts, Monroe says that now, more than ever, the band is in a place where they can make exactly the kind of music they want to make.

"Now we can throw out those little nuggets whenever we want," he explains. "And, as far as what music to release, and what to write, we feel like we can do whatever we want. We really do believe that notion."

That said, fans can expect some new tricks from Band of Horses on their next studio release.

"[Singer] Ben [Bridwell] has been writing a lot, really trying to hone in on his songwriting craft, and [his writing] has been a lot darker. I think 'Mirage Rock' was a little bit of a brighter record; it's time to go back full circle," Monroe says. "We're going to go back into the studio in April and get down; it's going to be a conglomeration of everything we've learned — good and bad — from our experiences of being in this band. It's going to be an electrified record because we are definitely ready to crank it back up."

Q&A

Dream collaboration

We asked Monroe about some of his favorite artists and with whom he'd like to work. (Hint: He's going to need a time machine.)

If you could collaborate with anyone, who would you choose?
I'd like to write a song with Bill Callahan, just so he could chill me right out.

If you could see any artist, living or dead, perform, who would it be?
I just watched a Big Star documentary. I'd like to see all those dudes playing live, like, in 1976 or something.

ALEXANDRA CAVALLO
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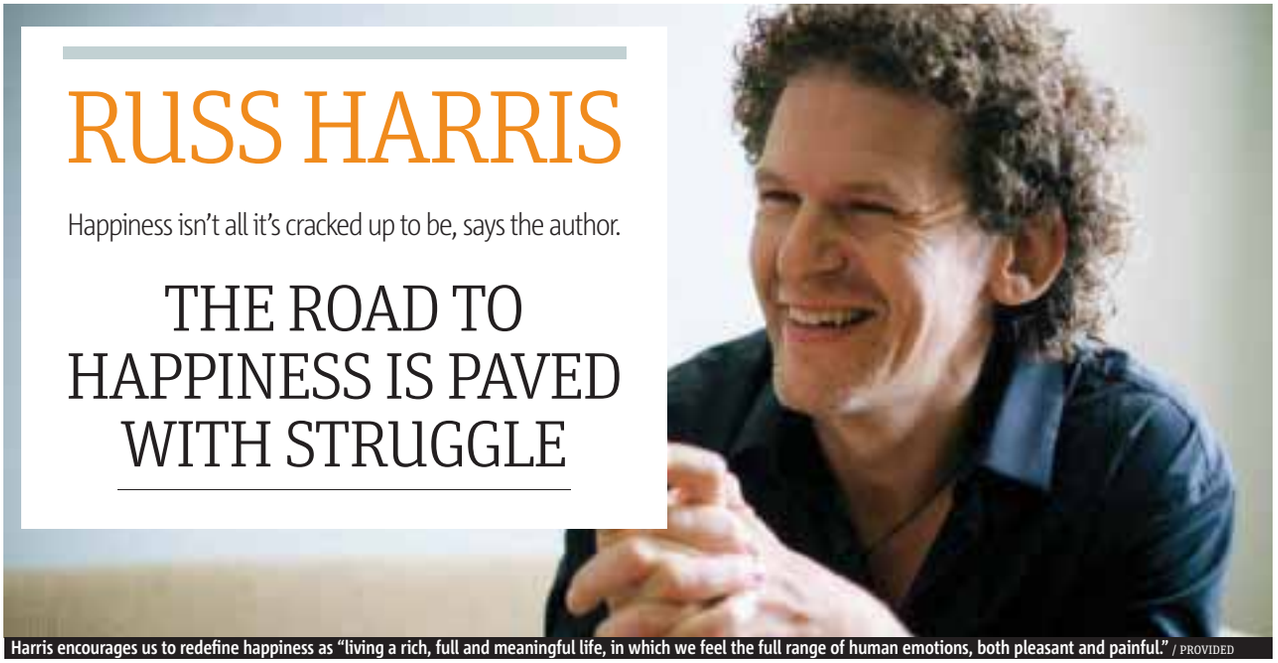
RUSS HARRIS

Happiness isn't all it's cracked up to be, says the author.

THE ROAD TO HAPPINESS IS PAVED WITH STRUGGLE

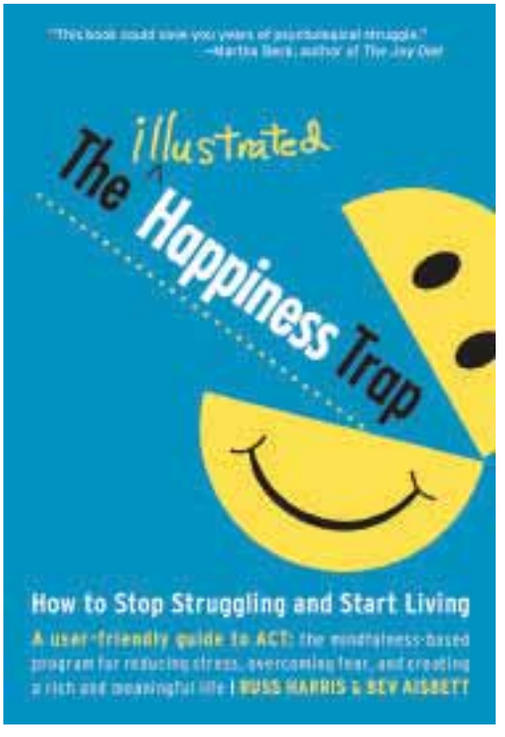


Harris encourages us to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful." / PROVIDED

Happiness is not always about feeling good, says physician and therapist Russ Harris. He's the author of March's "The Illustrated Happiness Trap," which has illustrations by Bev Aisbett. We talked to Harris about the enigma of that magical "H" word — his attitude on what it means to be truly happy might surprise you.

Can you try to describe what happiness is?
Unfortunately, most people think of happiness as a feeling or emotion; they believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anxiety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful.

How is this book different from all the other books about happiness?
Well for a start, there's nothing in it about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically-proven model called Acceptance and Commitment Therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness, which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.


illustrated
The Happiness Trap
How to Stop Struggling and Start Living
A user-friendly guide to ACT: the mindfulness-based program for reducing stress, overcoming fear, and creating a rich and meaningful life | RUSS HARRIS & BEV AISBETT

Is it normal to have self-doubt on the road to happiness?
Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious thoughts and feelings flow through you, without getting caught up in them or swept away by them.

LASSE EMIL KRISTIANSEN
Letters@metro.us

PLUS

Bonus question

What are your three best tips for getting and staying happy?

1 Each morning, before you get out of bed, connect with your values. Ask yourself, "What kind of mom/dad/friend/worker/boss/student do I want to be today? As I go through my day, how do I want to treat myself, others and the world around me?"

2 Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?"

3 Bring your full attention to whatever you are doing; engage fully in the task at hand. The more you get distracted by your thoughts and feelings, the less satisfying your activity will be.

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DON'T GIVE POWER TO YOUR 'GIRLY THOUGHTS'

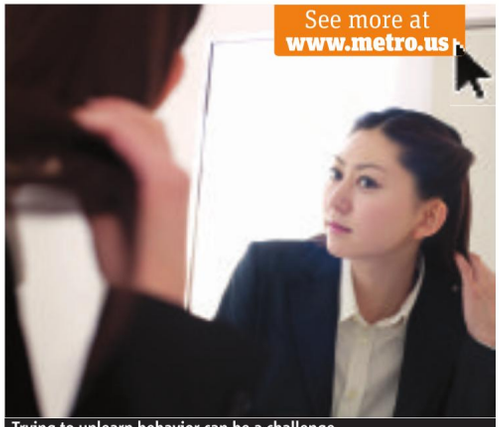
It's been more than 40 years since Helen Reddy rallied a generation of feminists with her declaration: "I am woman, hear me roar." Yet despite the enormous strides women have made in the workforce and politics, it appears that many of us are still plagued by our little kitten voices that wish we were thinner, younger and prettier. According to psychologist Dr. Patricia O'Gorman, these so-called "girly thoughts" disrupt a woman's ability to access her personal power, setting the stage for her to feel victimized by others. Such is the basis of O'Gorman's book, "Out Your Girly Thoughts and Embrace Your Strength," which comes out in April. I recently sat down with O'Gorman for a chat about her latest endeavor.

What inspired you to write the book?
Having been seeing women in therapy for many years, I wanted to create a term to help women get their heads around what they do to themselves that robs them of power. "Girly thoughts" best described all this energy that goes into how we look and how we act. It's how we respond to idealized messages about how to be a good girl — the notion of "she's pretty, she's quiet and she doesn't make anyone uncomfortable." It's something so subtle that we all do it every day without thinking about it. My goal is to raise this to a level of visibility so we can see what we are doing to ourselves. Maybe we can laugh at it, identify it as a "girly thought" and move it out of our way.

What are some examples of girly thoughts and how do they affect us?
"My husband had an affair because I'm too fat." Or, "I'm too aggressive at work and that's why nobody likes me." When I give talks, I have women telling how they were late for meetings because they had to do their hair. Men don't struggle with this kind of thinking, but it diminishes our power, confidence and skills.

What does resilience have to do with girly thoughts?
When we focus on girly thoughts, we don't focus on how strong we are. If you walk around thinking you have skills, you walk around with confidence rather than thinking that your hair doesn't look good.

So what you're really saying is we need to pay more attention to our internal strengths?
Yes, but it's really about finding balance. It's OK to take care of our appearance so long as we aren't being held hostage by girly thoughts that keep us in the house, shrinking from ourselves.



Trying to unlearn behavior can be a challenge. Recognizing "girly thoughts" when you have them is a good first step. / AMANA IMAGES

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

The sources

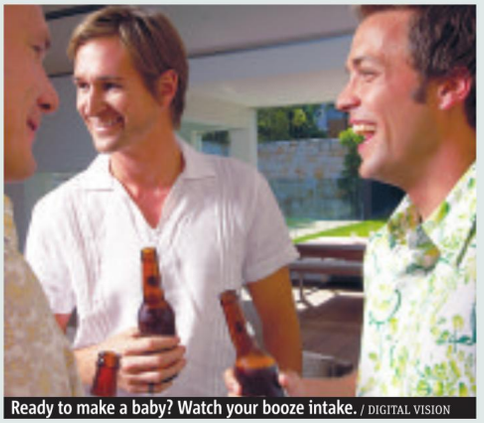
Where do girly thoughts come from?

They come from a number of sources — [like] from our mothers, who teach us to be safe. The media also plays a huge role, especially now with social media. We are so concerned with our image and compare ourselves to photos of women that have all been Photoshopped so we don't even see how they really look. A professional model once told me she's plagued with the girly thought that she doesn't look as good as she does in pictures when she wakes up. So it's not just the average woman who feels disempowered.

This week in health news

Fathers' alcohol consumption may affect fetal development

Location of study: U.K.
Subjects: Male mice
Results: Fathers' alcohol consumption pre-conception may cause significant fetal abnormalities, like abnormal organ and/or brain development, according to a new study published in Animal Cells and Systems. The cause of fetal alcohol syndrome has often focused on maternal exposure to alcohol in utero.
Significance: FAS often results in children with significant developmental problems such as stunted growth and intellect, nervous system abnormalities and social problems.



Ready to make a baby? Watch your booze intake. / DIGITAL VISION

A new meningitis test

Location of study: U.K.
Subjects: Lab study
Results: A new test for meningitis may help deliver faster and more effective treatments, according to a study published in the journal Chemical Science. The onset of meningitis is often rapid, particularly if caused by a bacterial infection, making a speedy diagnosis paramount for positive outcomes. In addition, several types of bacteria cause meningitis and each is sensitive to different antibiotics, often making precise treatment tricky. Researchers were able to pinpoint bacteria type using a spectroscopic imaging technique known as SERS (surface-enhanced Raman scattering or surface-enhanced Raman spectroscopy). The new test would be particularly useful where co-infection of multiple bacteria species is common.
Significance: "Meningitis is a hugely virulent and, in some forms, highly dangerous infection," says lead study author Dr. Karen Faulds. "The type of antibiotic used to treat it depends on the strain of meningitis, so it is essential to identify this as quickly as possible."

Leading cancer organization sees disparities in patient care

Location of study: U.S.
Subjects: Data study
Results: Certain minorities are more likely to get cancer and die from it, according to the American Association for Cancer Research. Cancers among African-American males result in a 33 percent higher death rate than among white males, and a 16 percent higher rate for African-American females than among white females. The AACR states that disparities are also found in people with low socioeconomic status.
Significance: "More than 1.6 million Americans will be diagnosed with [cancer] this year, and a disproportionately high burden of cancer will fall on racial and ethnic minorities, low-income and elderly populations," says AACR CEO Margaret Foti. "The AACR is committed to eliminating cancer health disparities through all means possible."

LINDA CLARKE

Healthy. GreenHopping makes it easy to find fresh juice on-the-go

GreenHopping is designed to help health-conscious eaters maintain an organic and healthy diet in the city. The app tracks organic and non-organic "green-juice" bars and stores throughout New York's five boroughs.

Users are shown an in-depth listing and locator of stores, juice bars and restaurants with options for smoothies and vegan, raw and gluten-free food. The app also seeks to inspire non-healthy eaters.

"After a health crisis in 2012, I was left with no option but to reevaluate my diet. Raw vegetables and fruits saved my life," says Catherine Cuello, GreenHopping's founder and CEO. "And I hope to inspire others by raising awareness of the important role nutrition plays in our lives and health."

It's available for 99 cents at the Apple Store. / PROVIDED

Healthy eating tips are also features of the app.

"The app also includes a 'tip of the day' section, where users can read about interesting cooking tips, as well as vegetable and fruit facts," Cuello says. "I learned incredible facts about food, and its healing properties. I want to make healthy 'mainstream.'"

GreenHopping has plans to expand to Miami, Chicago, Los Angeles and Dallas by the end of the year. It joins other new juicing apps like BluePrint's and Suja's.

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New

Metro US celebrates ZipTrials.us relaunch

Metro US is proud to unveil the relaunch of ZipTrials.us, its unique clinical trial registration and medical news site. Revamped with a fresh look, increased functionality and more targeted news coverage, the new ZipTrials seamlessly connects interested participants with medical research studies — in fact, it only takes three clicks.

ZipTrials visitors can now enjoy optimized search functionality, which makes finding and registering for a clinical trial easier than ever. And with access to the latest health and wellness news, users can keep up with top trending health stories without missing a beat. METRO

The guidelines, they are a-changin'

Heart health. What you need to know about the medical community's new categories.

"It used to be about knowing your numbers and meeting a target for cholesterol," says Dr. Myerson. "Now, who should be on meds is split into four groups that benefit from statin therapy." / FUSE

Since the last National Heart Health Month, the medical community underwent a dramatic change in categorizing patients for heart disease prevention and treatment. Citing criticism over conflicts of interest as the main reason for the change, the National Institutes of Health handed over guidelines to the American Cardiovascular Association and the American Heart Association.

"Guidelines decide who will be treated and who will not," says Dr. Merle Myerson, director of Mount Sinai St. Luke's and Roosevelt Hospital's Center for Cardiovascular Disease Prevention. "The new guidelines are a drastic change."

The new system switches from monitoring individual blood cholesterol levels, along with other physiological factors, to grouping individuals into one of four complex categories. But Dr. Myerson's fear is that lumping people into categories might miss some at-risk heart patients, particularly those with familial hypertension, who will be overlooked for testing and treatment.

"When the new guidelines were written, they took into account randomized trials, but not population studies or epidemiological studies," she says.

LINDA CLARKE
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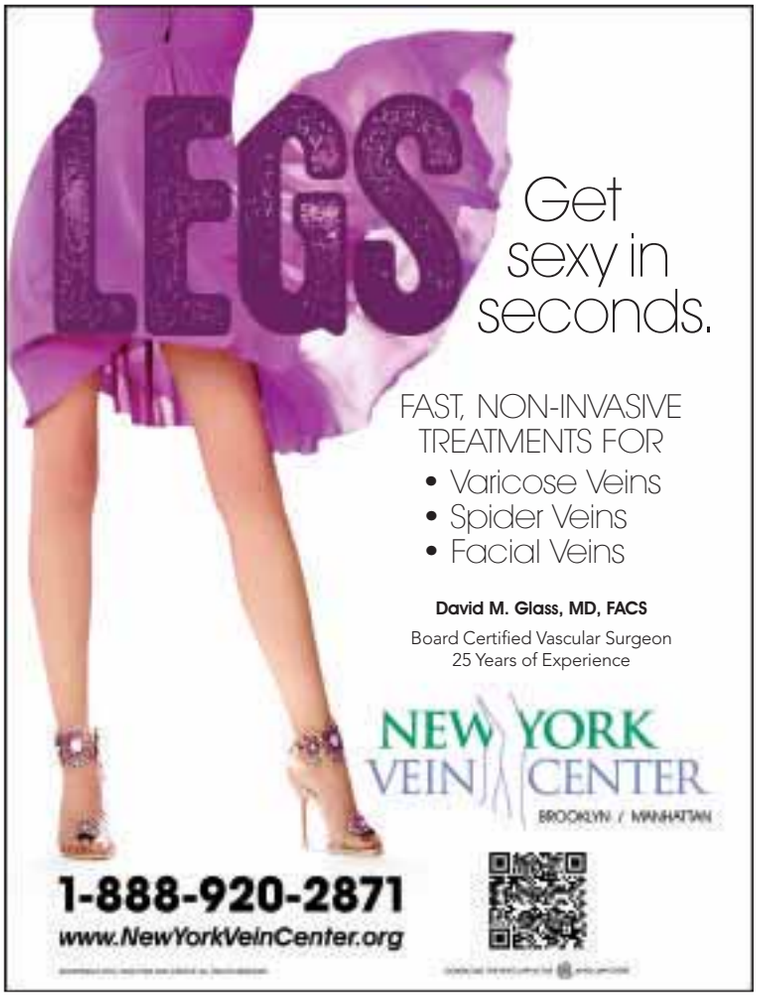

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Desk work. A new trend gives artists the chance to get out of the house.

Con Artist Collective offers fun ways to get into an office space. / PROVIDED

Co-working offices have become very popular places for artists to do their work in the last few years, as they offer unique and friendly environments for aspiring painters, photographers and graphic designers alike. Here are just a few places that have co-working opportunities, and some of the benefits they offer.

Krate

4402 23rd St., Long Island City, 718-729-7552, www.kratedesign.com
Krate is a design and development studio that opened for business in 2004. They often work with brands and agencies of various sizes on websites, apps, videos and the like, so artists and technology gurus are sure to find a space they like. Krate has been used by such well-known entities as the American Folk Art Museum, the United Way and the musical "Jersey Boys."

Krate's work is also occasionally displayed in museums. The facility is open 24/7 to monthly desk users.

Secret Clubhouse

117 S. Third St., Williamsburg, 718-963-0582, www.secretclubhou.se
Secret Clubhouse started in 2012 and has risen to 35 residents. It currently hosts startup companies such as Ooh La La Records, Hype Machine and Gotenna as well as several freelancers in its 800-square-foot basement lounge.

Secret Clubhouse hosts a monthly event called the North Brooklyn Breakfast Club Tech Meetup Group, in which tenants are allowed to present their work and gain exposure. The organization prides itself on being different from the rest, allowing 24/7 access to its facility, which includes various amenities such as a pool table, parlor games a kitchen and even booze!

ROBERT CRISCOLA
letters@metro.us

Join together

Con Artist Collective

119 Ludlow St., 646-504-2323, www.conartistnyc.com
Con Artist Collective recently renovated this space mostly on their own, and the results speak for themselves.

The 3,000-square-foot facility is largely made out of wood and features three large work surfaces that slide and fold up against the wall. This creates the option for larger work tables or more space in the room. It boasts four one- and two-person private work stations and a bright red loft with eight computer desks. The facility also features an outdoor area and a gallery storefront adorned with members' designs, which doubles as an event space.

Con Artist hosts more than 150 artists, including painters, illustrators, photographers and designers, and the collective approves applicants so long as they are able to enrich the greater community.

Con Artist frequently hosts installations, gallery shows, art battles and other events, allowing members to monetize their work.

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Job searching in the digital age

Career steps.
Employers are always spying on your Internet footprints.

When Google, LinkedIn, Twitter and Facebook make your digital footprints visible to recruiters and selection committees, you can assume your online presence is being searched, creeped and crawled on a regular basis.

It sounds creepy, but those digital traces that we leave behind in social status updates, Instagram photo shares, blog comments, Amazon.com and eBay reviews are easy for someone to recover with a little digital sleuthing.

Altogether this "small data" cumulates in a rather random online story about you — but is it accurate?

To tell a different story about yourself, one more relevant than that which Google's algorithm compiles, you'll need to be proactive. Consider taking the following steps to add a new and more meaningful, useful and current story about yourself for recruiters, event planners, headhunters, advisory boards, talent scouts and award committees to discover:

Write a different story

Launch that blog you've always thought about. Don't know how to write code? Blogger (free and owned by Google), Tumblr and Wordpress (also both free) make it easy with professional design templates, tech support walk-throughs and huge communities of users to turn to for advice and inspiration. Use your blog as a platform, mixing professional and personal (but always work-safe) content to tell a story about your lifestyle, work style and values — including the importance of work-life balance.

Make it personal

Purchase your vanity domain. In fact, purchase all of them. Protect your good name by grabbing your .com, then pick up your .ca, .net, even your .guru (yes, this is available soon). Name often misspelled? Purchase that one too. Have a super popular name and someone else has already registered it? No problem. Consider branding yourself with a signature (even trademarked) title (e.g., LindaLifeCoaching, DesignByDave, FredFixIt), your city (MikeWardTO), a professional suffix (DrTim, ProfessoryGary) or certification (JimChenCFA). Looking for a graduation present for someone in your family? Gift them their domain names.

There's one more reason to flex your digital creativity and mark your territory online. Taking charge and telling your story, documenting your special projects and passions, illustrating your goals and aspirations — these are all a total confidence boost. Actively maintain your online presence and the bonus is you'll be reminded of just how far you've traveled on your personal career journey.

Fully employed or not, and especially if you work in a field currently experiencing a skilled labor shortage or skills gap, you just may be the passive "star talent" candidate a recruiter is searching high and low for today online. As employers follow your digital footprints — and they will — be sure you're one step ahead with an online story you're proud of. SIDNEYEVE MATRIX

Improving your Web presence will help your job search.
COLOURBOX

Think visual

Show, don't tell

Communicate your story visually. The truism that great images speak a thousand words has never been more relevant than today, with the rise of Instagram, Pinterest and Vine. The social Web loves photos. Take advantage of that by visually documenting your personal style, your city, professional accomplishments, volunteering and community engagement. Spread a little joy with awesome images, and in the process you'll engage and inspire others with a story of how you see the world.

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Horoscope

♓ Pisces | Feb. 19-March 20. To attain your goals, you will require the support of your colleagues and family. Your peers are eager for you to succeed.

♈ Aries | March 21-April 20. It's not the day to share details with others. Focus your energy on your own projects, and you will come out ahead.

♉ Taurus | April 21-May 21. Not everyone will honor a promise. The information you are given is likely to be false. Save yourself embarrassment by forming conclusions based on facts.

♊ Gemini | May 22-June 20. You have a great deal of creativity, and you should use it to your advantage. Your insight and intuition could lead to a new moneymaking opportunity.

♋ Cancer | June 21-July 22. Your personal life is in need of a makeover. The time is right to re-evaluate your goals and form a strategy to succeed.

♌ Leo | July 23-Aug. 22. There is a certain cause that you care deeply about. Make an obligation to put yourself in the forefront and participate with vigor.

♍ Virgo | Aug. 23-Sept. 22. Romance is in the air. Remind your loved one of your devotion. An outing will stimulate your senses.

♎ Libra | Sept. 23-Oct. 22. Your ego may be feeling bruised by some recent tension at home. Don't dwell on the negative influences around you. Reaffirm your self-confidence with a new hobby.

♏ Scorpio | Oct. 23-Nov. 21. Keep yourself occupied today. Get together with some close friends or trusted relatives for some stimulating conversations.

♐ Sagittarius | Nov. 22-Dec. 21. You will unintentionally hurt some feelings if you act in haste today. Spend your time studying up on your interests.

♑ Capricorn | Dec. 22-Jan 20. Shake your lethargic attitude by doing something physical. It will not only engage your muscles but will also help your imagination.

♒ Aquarius | Jan. 21-Feb 18. Devote your time to building up your self-confidence. Those around you will be pleasantly surprised by your versatility and ingenuity. BERNICE BEDE OSOL

Sudoku: Easy and hard

5	1		6					4
		6	9				2	
	9			1		3		
		8					4	6
		1	4		6	8		
9	6					7		
		5		9			1	
	2				8	6		
3					2		5	9

			6				4	7
2		8			3	5		
				7	1	2		
					2	4		1
	5		4		7		6	
4		1	3					
		7	2	5				
		6	1			7		9
3	9				6			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Earth is always in flux

Re: 'Long-term data tell different story on climate change' (Metro, Feb. 21-23) I would like to point out that our average temperature today is built upon daily temperature readings taken since 1865.

During any given period since that time, average temperatures will rise and fall. It's averaging these numbers that allow us to arrive at the "norm."

Now, just because the winter of 2013 was a very warm doesn't mean that temperatures will continue to rise just as because the winter of 2014 has been brutally cold doesn't mean that temperatures will continue to fall. It simply means that temperatures fluctuate and that fluctuations are themselves the norm.

Further, while I don't necessarily disagree that temperatures are rising globally, I do disagree with it's supposed cause and also with its supposed effects.

For example: Recently a ship in Antarctica studying global warming was trapped in the ice and had to be saved by ice-breaking ships. This, and the fact that the Arctic ice is growing, disproves scientific predictions from eight years ago that "in five years the polar ice caps will be gone."

During the age of the dinosaurs, the mean temperature was much warmer than today and during the "Little Ice Age" (1550-1850) the mean temperature was much cooler.

During the former, humans weren't even on the planet — and during the latter, humans were essentially pre-industrial and therefore could not affect global temperature.
T. OWENS, VIA EMAIL

letters@metro.us

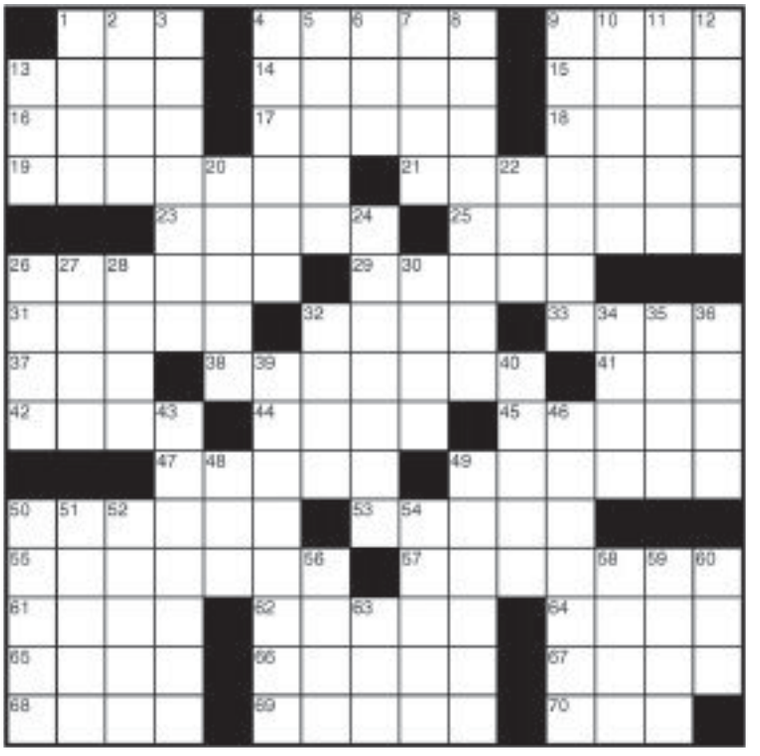
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Consumer org.
4 Was able to
9 Built like a — truck
13 Way out
14 "I do" location
15 Mine, in Paris (2 wds.)
16 Baseball family name
17 Camel kin
18 Gambling town
19 Big ape
21 Shade providers
23 March composer
25 "Where the Wild Things Are" author
26 Trees with catkins
29 Place for a pilot
31 Ascertain
32 — En-lai
33 Jingle
37 Trim the grass
38 "Me" types
41 Email server
42 Sothern and Miller
44 Queen beaters
45 Lake near Carson City
47 Small combos
49 Hair color
50 Pallas —
53 "The Velvet Fog"
55 Wants badly
57 Dangerous current
61 Muslim mystic
62 Minute amounts
64 Shadow
65 Runner — Zatopek
66 Please greatly
67 Omelet base
68 Nave neighbor
69 Dwarfs' count
70 Two, in Tijuana

Down
1 String tie
2 Oafish one
3 Tough guy
4 Pumice stone target
5 Clay pots
6 Ms. Hagen
7 Tibetan monk
8 Extends (2 wds.)
9 Leathernecks
10 Improve upon
11 Chain dance
12 Mall stand
13 Mr. Hammarskjold
20 Ben on "Bonanza"
22 Ore. neighbor
24 Most gray-faced
26 Mme. Gluck
27 Author — Uris
28 Early morning
30 Throw
32 Chanel of perfumes
34 Waikiki's island
35 Koh-i- — diamond
36 Hidden valley
39 Merrymaking
40 Baffle
43 Germ-free
46 Helped a crook
48 ER staffers
49 Cropped up
50 On the briny (2 wds.)
51 Drum
52 Platter players (hyph.)
54 Hold the floor
56 Type of survivor
58 Bard's villain
59 Archaeological sites
60 Windy City trains
63 Hebrew T

Weekend's answer



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3 SPORTS

In the money

Yankees' Gardner signs extension

The Yankees are apparently planning to find room for Brett Gardner in a crowded outfield. The team signed the 30-year-old outfielder to a four-year, $52 million extension Sunday. He would've been a free agent after the season. The Yankees have outfielders Carlos Beltran and Jacoby Ellsbury locked up long-term as well.

Watch online

Find video and recap of Jason Collins' debut with the Nets against the Lakers at: **Metro.us/sports.**

New York Rangers Olympic break grades

The first season under their new coach started ugly, but the Blueshirts are now playing like they belong in the playoffs.

MARK OSBORNE
mark.osborne@metro.us

It looked for a few months like Madison Square Garden would be quiet this spring.

But while the Knicks continue to flounder, their co-tenants, the Rangers, have put together a 12-6 record in 2014 and have climbed up to sixth in the Eastern Conference standings. They are still well behind Metropolitan Division-favorites Pittsburgh, but they look like a good bet to make the playoffs and could be hot enough to do some damage.

Alain Vigneault

MAYBE THE RANGERS SHOULD ALWAYS PLAY OUTSIDE. THEY WERE 2-0 AT YANKEE STADIUM.

ALL PHOTOS GETTY IMAGES

Everyone seemed to think new head coach Alain Vigneault would walk in and instantly mold John Tortorella's team into a juggernaut. In reality, it's taken awhile. (And taken some changes, just ask Michael Del Zotto.) But Vigneault does look like the coach to lead this team going forward.
Grade: B–

Henrik Lundqvist

The King will return to his net Thursday, coming off an impressive showing in Sochi. He led an undermanned Sweden side to the top seed and a silver medal.

It's a good sign for Lundqvist, who many feared was past his prime as the season got underway. And yes, people were even clamoring for Cam Talbot to become the future netminder in New York. But after allowing a 2.44 goals against average in his first 25 games, he's at 2.16 in the 19 since.
Grade: C

Ryan Callahan

The captain has not had the year anyone expected. His 24 points rank just seventh on the team. Maybe his grind-it-out style just doesn't work as well under this staff.
Grade: C–

Brad Richards

It's been a bounceback year for a guy benched last postseason and considered for amnesty. He still may be bought out, but that has more to do with his outrageous contract than on-ice play.
Grade: B

Rick Nash

The other highly paid disappointment besides Richards last season was Nash. He's also flourishing under Vigneault. He leads the team with 18 goals despite missing time with a concussion.
Grade: B+

Derek Stepan

Stepan, still just 23, hasn't quite taken the next, well, step many expect will come. But his assists are up, even if his goal scoring is stagnant, so there's reason for optimism.
Grade: B

Mats Zuccarello

It didn't get the attention of John Tavares' injury, but Zuccarello being out a month is really bad for the Rangers. He's been amazing, leading the team with 43 points and 28 assists.
Grade: A

Ryan McDonagh

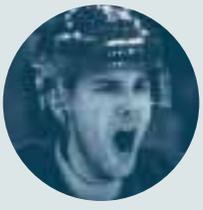
The Rangers' top defenseman has added a new level of offense to his game. He already has 22 assists (his career high is 27) and played well in his Olympic debut.
Grade: B+

Dan Girardi

Girardi, like Callahan, has struggled most in adapting to Vigneault's new system — one that emphasizes defense less. He may even become a trade piece for the Rangers.
Grade: C

Marc Staal

It's nice to see Staal finally healthy after so many issues, most prominently a vicious concussion. But he's third on the team in minutes per game and playing solidly.
Grade: C+



Derick Brassard

Sure, everyone thought the veteran role player Brassard would be the team's fourth-leading scorer, right? He's on pace for a career high in points and is outplaying Callahan at center.
Grade: A–

Chris Kreider

Maybe no one was more looking forward to the departure of Tortorella than Kreider. He's finally gotten consistent ice time and rewarded fans with 13 goals and a team-best plus-12 mark.
Grade: B

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1 7:10 HOU	2 8:10 HOU	3 8:10 HOU	4 7:07 TOR	5 1:07 TOR
6 1:07 TOR	7 1:05 BAL	8 1:05 BAL	9 7:05 BAL	10 7:05 BOS	11 7:05 BOS	12 1:05 BOS
13 8:05 BOS	14	15 7:05 CHC	16 7:05 CHC	17 7:10 TB	18 7:10 TB	19 7:10 TB
20 1:40 TB	21	22 7:10 BOS	23 7:10 BOS	24 7:10 BOS	25 7:05 LAA	26 1:05 LAA
27 8:05 LAA	28	29 7:05 SEA	30 7:05 SEA			

HOME ■ AWAY □

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1 7:05 SEA	2 7:05 TB	3 1:05 TB
4 1:05 TB	5 10:05 LAA	6 10:05 LAA	7 10:05 LAA	8	9 8:10 MIL	10 7:10 MIL
11 2:10 MIL	12 7:05 NYM	13 7:05 NYM	14 7:10 NYM	15 7:10 NYM	16 7:05 PIT	17 4:05 PIT
18 1:05 PIT	19	20 8:05 CHC	21 2:20 CHC	22 8:10 CHW	23 8:10 CHW	24 2:10 CHW
25 2:10 CHW	26 4:15 STL	27 8:15 STL	28 8:15 STL	29	30 7:05 MIN	31 1:05 MIN

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1 1:05 MIN	2	3 7:05 OAK	4 7:05 OAK	5 1:05 OAK	6 8:10 KC	7 7:15 KC
8 2:10 KC	9 8:10 KC	10 10:10 SEA	11 10:10 SEA	12 10:10 SEA	13 10:05 OAK	14 10:05 OAK
15 4:05 OAK	16	17 7:05 TOR	18 7:05 TOR	19 7:05 TOR	20 7:05 BAL	21 1:05 BAL
22 TBA BAL	23 7:07 TOR	24 7:07 TOR	25 7:07 TOR	26	27 7:05 BOS	28 7:15 BOS
29 TBA BOS	30 7:05 TB					

OLD-TIMERS' DAY IS SCHEDULED FOR JUNE 22.

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
		1 7:05 TB	2 1:05 TB	3 8:10 MIN	4 3:10 MIN	5 2:10 MIN
6 2:10 MIN	7 7:05 CLE	8 7:05 CLE	9 7:05 CLE	10 7:05 CLE	11 7:05 BAL	12 4:05 BAL
13 8:05 BAL	14	15 ALL STAR GAME	16	17	18 7:05 CIN	19 1:05 CIN
20 1:05 CIN	21 7:05 TEX	22 7:05 TEX	23 7:05 TEX	24 1:05 TEX	25 7:05 TOR	26 1:05 TOR
27 1:05 TOR	28 8:05 TEX	29 8:05 TEX	30 8:05 TEX	31		

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
					1 7:10 BOS	2 4:05 BOS
3 TBA BOS	4 7:05 DET	5 7:05 DET	6 7:05 DET	7 1:05 DET	8 7:05 CLE	9 1:05 CLE
10 TBA CLE	11 7:05 BAL	12 7:05 BAL	13 7:05 BAL	14	15 7:10 TB	16 4:10 TB
17 TBA TB	18	19 7:05 HOU	20 7:05 HOU	21 1:05 HOU	22 7:05 CHW	23 1:05 CHW
24 TBA CHW	25	26 7:08 DET	27 7:08 DET	28 1:08 DET	29 7:07 TOR	30 1:07 TOR
31 1:07 TOR						

SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 7:05 BOS	3 7:05 BOS	4 7:05 BOS	5 7:05 KC	6 4:05 KC
7 1:05 KC	8	9 7:05 TB	10 7:05 TB	11 7:05 TB	12 7:05 BAL	13 1:05 BAL
14 TBA BAL	15 7:10 TB	16 7:10 TB	17 7:10 TB	18 7:05 TOR	19 7:05 TOR	20 TBA TOR
21 1:05 TOR	22 7:05 BAL	23 7:05 BAL	24 1:05 BAL	25 7:05 BAL	26 7:10 BOS	27 TBA BOS
28 1:35 BOS	29	30				

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Collins makes sports history after signing deal with Nets

NBA. The veteran center became the first openly gay player in a major American sport on Sunday.

The historic moment: Collins, right, signs his 10-day contract with the Nets as former teammate and current head coach Jason Kidd watches on. / COURTESY TWITTER, @BROOKLYNNETS

The Nets have made history, it just has nothing to do with anything on the court.

The team signed center Jason Collins to a 10-day contract on Sunday. The move will make Collins the first openly gay player in the history of the league — and also the first openly gay player in any of the four major American sports. Collins was with the team in Los Angeles to face the Lakers last night.

Collins, 35, announced that he was gay last offseason, but had not signed with any team. The lack of signing likely had nothing to do with his announcement, but instead simply because of his advanced age and diminishing skill set.

"Jason told us that his goal was to earn another contract with an NBA team," said commissioner Adam Silver, who had looked into whether the lack of a contract previously had anything to do with his announcement. "Today, I want to commend him on achieving his goal. I know everyone in the NBA family is excited for him and proud that our league fosters an inclusive and respectful environment."

Collins had a workout with the Nets last week and the players and head coach Jason Kidd were all welcome to signing the veteran and former New Jersey Nets player.

Kidd and Collins were teammates with the Nets from 2001-08, during which time the team made two NBA Finals appearances. Collins was always a defensive stopper more than an offensive force. He's averaged 3.6 points and 3.8 rebounds per game for his career.

"The decision to sign Jason was a basketball decision," said general manager Billy King. "We needed to increase our depth inside, and with his experience and size we felt he was the right choice for a 10-day contract."

MARK OSBORNE
mark.osborne@metro.us

National game

Canada repeats as Olympic champions

The only drama in the gold medal game came before the players took the ice.

The defending gold medalists from Canada beat Sweden, 3-0, Sunday morning in the final event of the Sochi 2014 Winter Olympics.

The Blackhawks' Jonathan Toews opened the scoring and Sidney Crosby had a breakaway goal in the second. Carey Price made 24 saves to improve to 5-0 in the tournament.

Sweden, the top qualifier, lost star Nicklas Backstrom of the Capitals hours before game time when he was suspended for failing a test for pseudophedrine, a drug used in allergy medications and not banned by the NHL. **METRO**

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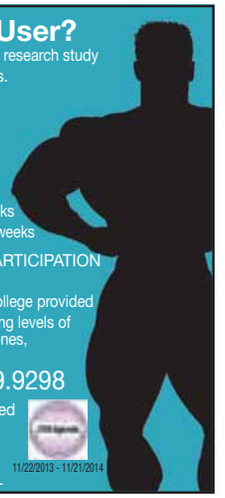

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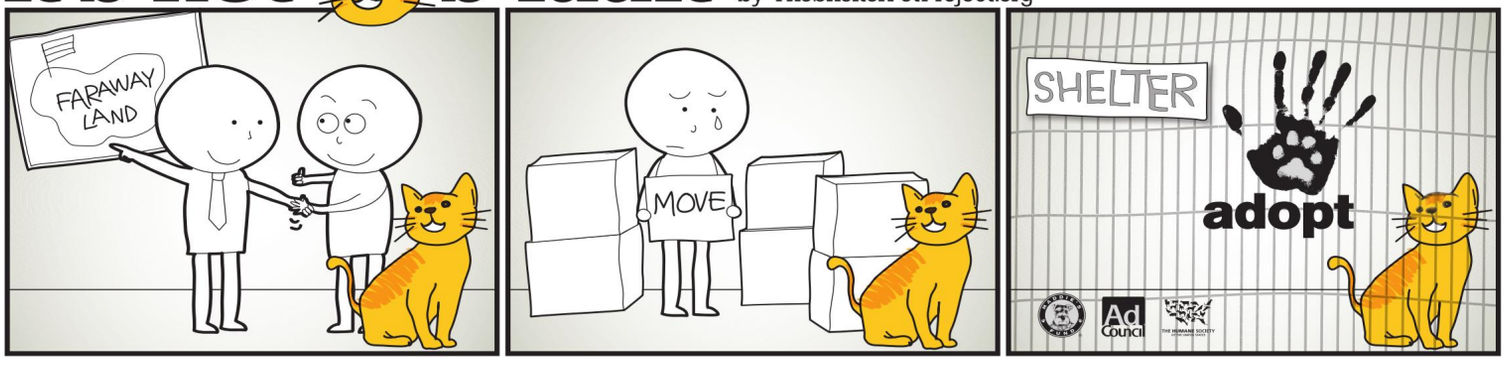

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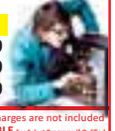

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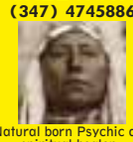

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How to start Power Walking

1 With a few simple technique changes, you can move from being a normal walker to a Power Walker! For walkers, good posture is everything. Stand tall with feet together. Your shoulders should be relaxed, back and abdominals pulled in, bottom tucked under and arms held loosely by your side. Now you are ready to begin!

2 The heel strike – Take your front heel forward, flexing your ankle upward and strike the ground squarely and firmly with your heel.

Keep your back foot flat on the ground and use your normal stride length, so that you have good balance as your feet begin to roll into the next position.

Arms – It is impossible to Power Walk without using your arms. To gain speed, use stronger arms and your feet will follow! Keep your arms at 90 degrees, tucked into the sides of your body while moving.

3 The mid-stance position – As your front foot begins to roll forward onto the ball, your back foot will naturally begin to follow. It is at this point, just before you reach the push off position, that your weight is evenly balanced between your two feet.

Arms – Your arms begin to move forward and backward in opposition to your feet. Keep your hands relaxed and look straight ahead.

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4 The push off – This is the power source of Power Walking. Your left foot rolls out in front and becomes your support. Your back foot has rolled right onto the toe and is ready to 'push off'.

It is a challenging technique to master and can feel awkward to begin with, but it is worth persevering as this is the base of good Power Walking.

Arms – At this point they are also at their optimum position, but still in a 90 degree angle, with relaxed hands. The opposite arm to your front leg should be thrust forward no higher than your shoulder and the other arm thrust back as though you are elbowing somebody in the belly!

5 The cross through – As the back foot lifts off the ground after the push off, keep it close to the ground to conserve time and energy. The foot neatly crosses through to the front becoming the lead foot. Arms at this point also begin to exchange.

6 Begin again – Immediately extend the lead foot forward, keeping it just above the ground in preparation for the heel strike.

If you would like to find out more about Power Walking techniques and how you can improve your overall fitness and health, Nina Barough, founder of Walk the Walk Worldwide, has written a book from her experience called Walking for Fitness, published by Dorling Kindersley.

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